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ALEXANDRIA GAZETTE
AND VIRGINIA ADVERTISER
(FOR THE COUNTRY.)

Is published regularly on TUESDAYS,
THURSDAYS and SATURDAYS, at \$6 per
annum—payable in advance.

Curiosities of Breathing.

The taller men are (other things being equal), the more lungs they have, and the greater number of cubic inches of air they can take in or deliver at a single breath. It is thought that a man's lungs are sound and well developed in proportion to his growth around the chest, yet observation shows that slim men, as a rule, will run faster and further, with less fatigue, having "more wind," than stout men. If two persons are taken, in all respects alike, except that one measures twelve inches more around the chest than the other, the one having the excess will not deliver more air at one full breath, by mathematical measurement, than the other.

The more air a man receives into his lungs in ordinary breathing, the more healthy he is likely to be; because an important object in breathing is to remove impurities from the blood. Each breath is drawn pure into the lungs, as its outgoing the next instant, it is impure, so perfectly destitute of nourishment, that if rebreathed without any admixture of pure atmosphere, the man would die. Hence, one of the conditions necessary to secure a high state of health is, that the rooms in which we sleep should be constantly receiving new supplies of fresh air through open doors, windows, or fire-places.

If a person's lungs are not well developed, the health will be imperfect, but the development may be increased several inches in a few months by daily outdoor runnings with the mouth closed, beginning with twenty yards and back at a time, increasing ten yards every week until a hundred are gone over, thrice a day. A substitute for ladies and persons in cities is running up stairs with the mouth closed, which compels very deep inspirations, in a natural way, at the end of the journey.

As consumptive people are declining, each week is a witness to their inability to deliver as much air at a single out-breathing as the week before; hence the best way to keep the life disease at bay, is to maintain lung development.

It is known that in large towns, ten thousand feet above the level of the sea, the deaths by consumption are ten times less than in places nearly on a level with the sea. Twenty-five persons die of consumption in the city of New York where only two die of that disease in the city of Mexico. All know that consumption does not prevail in hill countries and in high situations. One reason of this is, because there is more ascending exercise, increasing deep breathing; besides, the air being more rarified, larger quantities are instinctively taken into the lungs to answer the requirements of the system, thus at every breath keeping up a high development. Hence the hills should be sought by consumptives, and not low, flat situations.—*Hall's Journal of Health.*

THE FRENCH "DEMAND."—The word demand, which occurs so frequently in the translation of the late French and Prussian diplomatic correspondence, is incorrect. The French word *demande* signifies to ask, and has the imperative meaning which attaches to it in English. Read "asks" where the word "demand" occurs, and the French notes are stripped of that "prophetic" with which the enemies of France are accusing her. Once during Gen. Jackson's presidency a diplomatic note was received from the French Government, through its envoy in Washington, regarding certain claims held by French citizens against the United States. The translator who rendered the note into English for the old General, who everybody knows was no French scholar, fell into the same error, and instead of "France demands, etc." Old Hickory grew livid; "Demands, does she!" he shouted: "By the eternal, let's see her get it!" and he brought his fist down on the table with a thump that made the pens and inkstands jingle. Luckily there was present a gentleman from New Orleans (who in later years was a professor of languages in the academy of the present Judge Barbour Lewis, on Dauphin Way, near Mobile, and who related the story to a French class, of whom the writer was a member, eighteen years ago.) This gentleman (translation of the original note and gave the proper translation of the word, "Ob," said Jackson, "that alters the case. What France asks is a different thing from what she demands."

GENERAL CHANGARNIER.—Changarnier has offered his services to the Emperor and has been formally received by him at Metz. Changarnier was born in 1793, and is therefore seventy-seven years old. His military career has been chiefly in Algeria. He was in Paris in June, 1848, and took part in the military measures to suppress the insurrection which led to the dictatorship of Cavaignac. When Louis Napoleon was elected President, Changarnier was made Chief of the First Military Division, and all the civic and military force of Paris was placed at his disposal. In June, 1849, he crushed an attempted insurrection. He became so powerful that jealousy led the President to get rid of him by abolishing his command. After the coup d'etat of December, 1851, Changarnier was imprisoned. He was well known as an orator, and was named by the Conservatives for President in 1851. Soon after the second election of Napoleon, Changarnier and other generals were conducted to the frontier. He has remained an exile till now.

PUNCTUATION.—The Norfolk Journal suggests, as an improvement in the punctuation of English, the placing of interrogation and exclamation marks at the beginning and the end of sentences to which they are respectively appropriate, instead of at the end only, as at present. This system is practiced in Spanish and other continental languages, and is especially useful in the case of persons reading aloud, who thereby are at once informed of the proper pitch of the voice to be adopted.

BROWNSTONE BUILDING MATERIAL.—A general complaint is being made at the North of the lack of durability in the fronts of buildings erected with natural brownstone, and the opinion is widely circulated among builders and architects that this beautiful material must pass into disuse, in consequence of the destructive action of the winter upon it. Its porous nature causes it to absorb large quantities of water, which freezes and splits off layers of the stone.

PROFESSIONAL.

DR. JAMES B. HODGKIN,
DENTAL SURGEON,
(Graduate Baltimore College Dental Surgery.)
Office and Residence, 99 Prince st.,
(Two doors above the Royal.)
Alexandria, Va.

NITROUS OXIDE GAS administered.
aug 2-14

R. B. LLOYD & CO.
ATTORNEYS FOR
CLAIMS, PENSION, BOUNTY LAND, &c.
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Letters addressed as above will receive promptly our attention.
Refers by permission to—Hon. James G. Blair, Speaker House of Representatives; Hon. J. M. Howard, U.S. Sen.; Hon. Lewis McKim, Gen. M. D. Corse & Bro., Bankers, Alexandria, Va.; J. Freeman, Raisin, Clerk Court Comm. Pleas, Balt.; Capt. Jas. M. Stuart, ex-Sheriff, Alexandria, Va.; Hon. Judge A. B. Olin; Hon. N. G. Ordway, Sgt. Arms, U.S. H. of R. Washington, Jan 11-14

JAMES F. CLARK,
ATTORNEY AT LAW,
BRENTSVILLE, PRINCE WILLIAM COUNTY, VA.
Will attend promptly to any business in the Courts of Prince William, Fairfax and Stafford counties.
Fr. Wm. co., dec 1-14

DR. LOCKERMAN,
SURGEON DENTIST,
(Grad. of Balt. College of Dental Surgery, 1844)
CORNER PRINCE & WASHINGTON STS.,
ALEXANDRIA, VA.

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BUILDING MATERIAL.

ENCOURAGE HOME INDUSTRY.

VIRGINIA SASH, DOOR AND FRAME FACTORY.
Corner Queen and Fairfax sts., Alex.
We now make up 500 doors of all sizes, from \$2 to \$10; 300 Windows of Sash, glazed and unglazed, cheap; 200 pairs Blinds, all sizes; 10,000 feet Mouldings, 40 different patterns. Will make at short notice Window and Door Frames, Brackets, &c., Newels, Balusters and Hydras constantly on hand. Liberal discounts made to dealers.

Being practical mechanics ourselves, we feel confident that we can please our customers. Planing, Tongue and Grooving, Sawing, Turning and Scroll-Sawing done in the best manner.
Plans and specifications furnished to parties contracting with us for building materials.
RISHILL & HOOGE,
mar 2

J. W. NALLS,
JAMES W. NALLS & SON,
187 King st., Alex., Va.

Dealers in HARDWARE, CUTLERY, Carpenters Tools, Doors, Sash, Blinds, and Window Frames, Brackets, Mouldings, Balusters, of different patterns, and Newels. Also a large stock of French and American Glass, double and single thick, of all sizes. Paints, Oils, Varnishes, Paint and White Wash Brushes, Lewis Pure White Lead, and other brands of fine quality. Turpentine and Machine Oil. Also, Lime, of superior quality. Cement, Calced Plaster, Pitch and Felt for Roofing, &c. A large stock of Pugh's celebrated Car Augers, and other articles listed in first class Builders' Furnishing establishments.
Orders for Lumber, Brick and all kinds of Building Material, promptly attended to.
Terms cash. feb 11-14

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(Successor to Wm. Buckingham)

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No. 71, King street.

Give me a call. oct 1-14

THE UNDERSIGNED having purchased the sole right of A. G. Luther & Co., for the manufacture and sale of

CRYSTALLIZED OIL,

patented July 2d, 1867, have entered into a partnership under the name of

COUGSWELL & BOYNTON,

and will deal in all kinds of OILS, LAMPS and LAMP GLASSES. They will also deal in OYSTERS and FRESH FISH in season, and sell all kinds of COUNTRY PRODUCE on commission. City and retail trade solicited.
J. S. COUGSWELL,
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jy 19-14

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A never-failing FISHING LANDING, on the Maryland side of the Potomac river, familiarly known to all fishermen as Bryan's Landing, together with all improvements thereon, such as fish houses, &c., and one good fishing boat. For further particulars apply to

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AIR-TIGHT TIN CANS FOR PRESERVATION.

The subscribers have on hand at 88 King st. a large stock of Quart Air-Tight Cans and the wax for sealing the same. For sale at low prices, wholesale and retail. Call and see.

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88 King st., Alexandria, Va.
jy 28

GROUND PLASTER.

We offer GROUND PLASTER, delivered at our mill, on Union street, at \$8.00 per ton of 2000 lbs. in bulk; \$7.50 in bags, returnable in ten days, and \$8.50 in bbls or new bags sold with the plaster.

SUTTLE & STUART,
jy 7

FLOUR.

60 bbls 1st Middlings Flour.
20 bbls Riverside Flour.
25 bbls Clinton Mills Extra.
30 bbls Mount Hope Super.
50 bbls Appleton Extra Flour. For sale by
jy 27

THOMAS PERRY.

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GENERAL COMMISSION MERCHANT,
No 61 Pratt Street,
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And General Agent for
B. D. SEA FOWL GUANO
AND WYOMOUTH GUANO.

Both very rich in Ammonia and Soluble Phosphates, and considered fully equal to Peruvian Guano by Planters in Georgia, Virginia, North and South Carolina, and Maryland.

W. L. BRADLEY'S
AMMONIATED BONE SUPER PHOSPHATE
The best Farmers of Maryland, after 1 year's experience with this Phosphate, pronounce it superior to all others in this market. Send for Circulars.
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JOHN RECKHAM,
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jy 21-3m

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Choice brands of SEGARS and TOBACCO always on hand.
Strict attention paid to the sale of COUNTRY PRODUCE. jy 18-14

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[Between B and C and Maryland Avenue,]
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Respectfully solicits consignments, believing he can average 10 per cent more for consignors than he did in Alexandria.
Washington, Jan 31-14

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HOOE, WEDDERBURN & CO.,
(Successors to Fowle & Co.)
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Also, dealers in GUANOS, SALT, LUMP and GROUND PLASTER, FISH, GRAIN and SUGARS. my 21-14

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Also keep on hand a general assortment of Lard, Fat, Pitch, Nails, Rope, Packing, Oils, Lard and Ship and Navy Stores.
All orders and consignments promptly attended to, and goods forwarded without delay on consignment on arrival.
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Agents for the Baltimore and Potomac Transportation Co.
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aug 25-14

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Particular attention paid to the selling of GRAIN, FLOUR and all kinds of COUNTRY PRODUCE, and filling all orders for GROCERIES, GUANO, PLASTER, &c., at the lowest rates.

Agent for the sale of the celebrated "ROUND TOP" HYDRAULIC CEMENT.
jy 24-14

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GROCERS, FEED & COMMISSION MERCHANTS,
Corner Prince and Royal sts., ALEXANDRIA, VA.

Special attention given to the sale of Country produce. my 3-14

LUTHER D. HARRISON,
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No. 18 North Royal street,
Respectfully solicits consignments. Sales attended to with promptness and dispatch.
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CORSETS!
Just received another large lot of SKELETON CORSETS; also a full supply of those desirable French Corsets, at 75c—warranted to give satisfaction. Call and examine them at wholesale. Call and examine them at wholesale.

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jy 26

PERUVIAN GUANO!
200 tons No. 1 Peruvian Guano just received from Chincha Island ex ship Uncle Joe, now discharging and for sale by

B. H. LAMBERT,
18 Union wharf, ALEXANDRIA, VA.
aug 1-14

GENTS' FURNISHING GOODS, of every description, at lowest prices, at

CHAS. W. GREEN'S,
68 King street.
aug 4

FRESH TEAS FOR SALE by

J. CLINTON MILBURN.
jy 22

PRIME CHEESE and Dried Beef for sale by

J. CLINTON MILBURN.
jy 7

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LADIES' LASTIN' BOOTS.
A large stock, a great variety of new styles, beautiful and very cheap at
WADDEY'S, 74 King street.

LADIES' BUTTON BOOTS.
A fine stock; French Kid, Velvet, English Leather, Kid Faced and Turkey Morocco, and other new styles, which cannot be surpassed for beauty, durability and cheapness.
At WADDEY'S, 74 King street.

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A splendid stock, at very low prices, at
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A good stock and great variety, at very reasonable prices, at
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LADIES' PARLOR & TOILET SLIPPERS.
Ladies' French Kid, Broadway, Ladies' Lasting Broadway, Ladies' T. P. Key Morocco Broadway, Ladies' French Kid Toilets, Ladies' Cassimere Toilets, Ladies' Lasting Toilets, Ladies' Serge and Carpet Slippers in every style and quality, at
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LADIES' MARTHA WASHINGTON DRESS BOOTS.
For the street; new styles, handsome and cheap, at
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A large stock in every style and quality; prices low; at
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MISSES' LASTING BOOTS.
In every style, quality and price, at
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MISSES' FANCY COLORED BOOTS.
In new styles and colors; a great variety, handsome and cheap. Misses' Broadway and Toilets Slippers.
At WADDEY'S, 74 King street.

CHILDREN'S SCHOOL AND WALKING BOOTS.
A large stock and great variety of styles, at very reduced prices, at
WADDEY'S, 74 King street.

CHILDREN'S FANCY COLORED BOOTS.
A splendid stock, new colors, new styles! handsome, durable and very cheap, at
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INFANTS' BOOTS AND SLIPPERS.
A fine stock in every color, style and quality, at very reasonable prices, at
WADDEY'S, 74 King street.

GENTLEMEN'S FINE DRESS BOOTS & SHOES.
A large stock of new styles, very handsome, of the best quality and at low prices.
WADDEY'S, 74 King street.

BOYS' AND YOUTH'S DRESS SHOES.
A good stock of new styles of fine quality and at low prices.
WADDEY'S, 74 King street.

A lot of LADIES' MISSES' and CHILDREN'S BOOTS and SHOES out of style which will be sold at one-half the cost to manufacture.
WADDEY'S, 74 King street.

A large stock of HEAVY GOODS, suitable for the country, to which we invite the special attention of country merchants, as they will be sold very low for money.
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Where he is prepared to furnish all kinds of MACHINERY, WROUGHT and CAST IRON FENCES, &c.
Repairing done with dispatch, and at prices that were charged previous to the war. jy 20

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IRON AND BRASS FOUNDERS,
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Building Material, Mill Work and Castings of every description made at short notice.

Cash paid for old Iron and Brass.

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W. S. MOORE,
No. 65 Union street,
Has constantly on hand a large and complete assortment of

CHANDLERS' BRACKETS,

HASPS,

STATIONARY AND PORTABLE LIGHTS IN VARIETY,

PORCELAINS, PHOTOGRAPH MICA and OTHER SLIDERS,

CUT, GROUND AND PLAIN GLASSES,

STEAM PIPE, GAGES, COCKS, VALVES, and everything in the Steam Fitting Line.
Public Buildings and Dwellings furnished and fitted up with Gas in the most substantial and elegant manner.
Steam Work for Factories, Mills, &c., promptly and faithfully executed; all at prices which will give satisfaction. my 8-14

PHILIP PARK,
No. 12 South Fairfax street.

The oldest and best established Plumbing establishment in the city. All work done with dispatch, and in the most durable and workmanlike manner. Satisfaction guaranteed.

JOBING done at short notice, and by himself, or the most experienced workmen. dec 1

BANK OF THE OLD DOMINION.

Notice is hereby given that the countersigned notes of this Bank and its Branch at Petersburg must be presented at this office for redemption at par on or before the 1st day of July, 1871, or the same will be barred, in conformity with an act of the General Assembly of Virginia, passed June 16th, 1870, entitled "An Act for the relief of the Bank of the Old Dominion."

This Bank having been in a course of liquidation for the past five years, and it being very desirable to close up its business and to redeem the small amount of its circulation now outstanding, the holders of its notes are earnestly requested to present them for payment at an early day. WM. H. LAMBERT, Cashier.

WHITE SHIRTS!
Ready-made and made to order. Satisfaction guaranteed. CHAS. W. GREEN, 68 King street.

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my 20

E. C. ATWELL

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WHITELOCK'S VEGETATOR!
CONTAINING,
IN A SOLUBLE CONDITION, EVERY ELEMENT NECESSARY TO THE GROWTH OF THE PLANT AND THE FORMATION OF THE GRAIN.

Each article entering into the composition of the Vegetator

IS A MANURE BY ITSELF,

and are all carefully analyzed before they are used.

WE OWN OUR MANUFACTORY,

give attention to every detail of its preparation, and hence

KNOW EVERY BAG

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A PERFECT MANURE.

THE VEGETATOR

s prepared with great care from the best materials which our resources enable us to command, is uniform in quality, and in good condition for drilling.

Thus combining in proper proportion the stimulating and nourishing properties, and while the plant is furnished with food for its present growth, there is held in reserve a sufficient quantity of nourishment to supply the grain or pod to maturity.

We recommend its application on

CORN, WHEAT, FRUIT TREES and GARDEN VEGETABLES

\$56 PER TON.

WM. WHITELOCK & CO.,
41 South street, Baltimore, Md.

For sale by W. H. IRWIN, and THOS. PERRY, Alexandria, Va.

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LIVERPOOL SALT.

We offer for sale, cargo of ship "H. H. H.," consisting of 15,000 bushels LIVERPOOL G. A. SALT, in bulk.

10,000 sacks FINE SALT, factory filled, in bulk and equal to Marshall's. Also 10,000 sacks LIVERPOOL G. A. SALT, in bulk.

10,000 sacks FINE SALT of the popular "H. H. H." brand, 10 or 12 to the ton, as per assay, better, or sell in bulk at lowest prices from vessel.

HOOE, WEDDERBURN & CO.</